

**Education/Awareness Workgroup Minutes**  
**June 29<sup>th</sup>, 2006**  
**10:00 a.m.**

**Present:** Lynette Hansen, Randy Tanner, Karin Tatum, and Audrey Willden

**Excused:** Brett Cook, Russ Elbel, Rebekah Patterson, and Allen Sawitzke

To begin our meeting Audrey asked what the purpose of the Education and Awareness Workgroup was and how it was different from the Self-Management Promotion and Participation Workgroup.

Randy Tanner explained the focus of the Education and Awareness Workgroup was to educate providers (physicians, physical therapists, etc.) and employers about the self-management programs and physical activity. The focus of the Self-Management Promotion and Participation Workgroup is promoting these programs to older and younger adults, minority and ethnic populations, and residents of rural areas.

Next the group discussed the topic of general awareness. Karin Tatum suggested educational information should also focus on younger individuals between the ages of 20 and 50. She pointed out that messages provided on the Utah Department of Health wellness hotline focus on individuals over age 50.

The group then discussed how to inform health care providers about the existence of the Utah Arthritis Program and its purpose and mission. Karin Tatum recommended organizing regional breakfast meetings to educate receptionists and other clinic staff about self-management programs offered by the Utah Arthritis Foundation and the Utah Arthritis Program. She suggested a representative from the Arthritis Foundation and the Utah Arthritis Program is present at the meetings. She further suggested we approach pharmaceutical manufacturers about providing information specific to arthritis that could be added to a folder containing information about arthritis medications, the Utah Arthritis Foundation and the Utah Arthritis Program sponsoring meetings.

During our discussions about educating physical therapists it was recommended the committee contact the following groups of physical therapist to obtain input.

- Health South Rehabilitation Hospital
- Mountainlands Physical Therapy
- Registered Physical Therapists
- Salt Lake Physical Therapy at Saint Marks Hospital
- Ernst Health

Committee members also discussed the idea of including chiropractors as providers who should be educated. Randy Tanner was given the assignment to research the position of the National Arthritis Foundation and Centers for Disease Control and Prevention concerning these providers. Other non-clinical providers we discussed included personal trainers. Concern was expressed these individuals should be certified.

Possible sites for providing seminars were discussed and included health clubs, community gyms, and senior centers. We also discussed providing seminars to large employers such as OC Tanner, Utah Transit Authority, Alliant Technologies and Questar. Randy Tanner was given the assignment to meet with Lynne Nilson to learn about the Worksite Wellness Programs and how they could be used to promote the Arthritis self-management programs.

Next, committee members discussed the potential for using Wellness Councils and the Healthy Utah Program to promote messages about self-management courses to State employees. We also considered the idea of using Gold Medal Schools to promote physical activity among the youth.

During our discussions it was recommended the Arthritis Action Plan and Arthritis Burden Report be combined in one document.

Committee members expressed interest in the following assignments:

- Lynette Hansen – Proof reading
- Karin Tatum – Educating clinic office staff
- Audrey Willden – Writing and layout of text using InDesign software.

Randy Tanner was given the assignment to determine the focus of our next meeting and what the committee would like to achieve before then. He was also asked to arrange a time and place for the next meeting. It was suggested we meet at Altius Health Care for our next meeting. A final decision was not made about a meeting place.

Meeting adjourned at 11:00 a.m.